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Great Midwest Trivia Contest LIV speeds things up

Molly Ruffing
Staff Writer

In keeping with tradition, the Great Midwest Trivia Contest LIV occurred this past weekend from 10:00:37 p.m. on Friday, Jan. 25 to midnight on Sunday, Jan. 27. These 50 hours were filled with competition, action challenges, random facts and, of course, trivia.

The contest was organized by Lawrence students who are referred to as Trivia Masters. Students auditioned for the position of Trivia Master in fall term, and the Head Master was chosen at last year's closing ceremony. This year's Head Master was senior Miranda Salazar.

Prior to Friday, campus was covered with posters amongst other forms of advertisement encouraging people to play. In the Steitz Hall Atrium, small plastic babies could be found dangling from the ceiling to promote Trivia. Plastic chrome babies were a common theme for this year's contest. Students could also find a baby in their mailbox with the hopes of having a chrome one.

Having a chrome baby gave teams an advantage, for they were worth points. Having new players on teams was also an advantage in terms of points in order to encourage people to involve new participants.

Although many Lawrence students were encouraged to play Trivia, anyone anywhere was able to form a team and participate. The long, multi-faceted questions were asked over the WLFM radio station every five minutes, allowing teams three minutes to find the answer using any means.

Once a team stumbled upon what they hoped was the correct answer, they then called in to report their answer. Each call was allowed three guesses, but teams could keep calling since they did not have to identify what team they were with until they answered correctly.

Trivia Masters, as well as volunteers, answered the phones for the 388 regular questions. This year there were technical difficulties with calls getting through, in which the possibility of canceling the contest was spoken of. However, the Trivia Masters decided to persist through the difficulties and the issues were resolved by a few hours into the contest.

There were also 24 canisters hidden around campus with action challenges inside, and even more challenges were read on air. Action challenges included, but were certainly not limited to, beating sophomore Trivia Master O'Ryan Brown at pool, throwing a birthday party for senior Trivia Master Emma Hancock and appeasing the Head Master.

The pool challenge against Brown became even more intense



Senior Head Master Miranda Salazar announces the winning teams at the awards ceremony Sunday night. Photo by Caroline Garrow.

when sophomore Grace Foster showed up in a swimsuit and challenged him to a race in the Wellness Center pool instead. Foster proceeded to win both the race and the game of pool that followed.

This earned points for her team, "Do You Really Trust an Aquarius Baking & Cooking and Sautéing, Save Big Money at Menards and Broiling and Flambéing and Freeze

Drying Whole Milk Family™, Stir Frying Please Mr. Morrison, I Only Have But 50 Shillings, and Roasting & Grilling Club, The Name You've Just Read Has Been Redacted: The Amended Name Now Reads 'Tiddies.'"

This long name fit in with Trivia culture, as some people call it. Traditions for Trivia include long team names that are often

reworded slightly to be relevant to the answer to the question when the team name is read on air. The rock outside of Main Hall is also generally involved in some way. This year it was painted chrome to reflect the theme of speed.

After 50 hours of Trivia, a closing ceremony was held in Cloak Theatre where prizes were given to the winners, and the new Head

Master was announced. Next year's Head Master will be junior Allegra Taylor.

In first place for the on-campus teams was "Do You Really Trust an Aquarius..."

In second place for the on-campus teams was "Coming Out of the Cave and the Nips are ROCK Hard," and in third was "Cole Foster's One Long Noodle and a Fistful of Spinach."

In first place for the off-campus teams was "Get A Load Of That Sandwich (Get A Load Of It!) Look At That Boulder! (That's A Nice Boulder!) Look At That Sandwich (Look At It!) Get A Load Of That Boulder (That's A Nice Boulder!) Look At That Sandwich (Look At It!) Woo! (Woohoo!) Woo! (Yeah!) Woo! (Woohoo!) Woo! (Woohoo!)"

In second place for the off-campus teams was "Cardboard Dave Presents: Red Dog, The National Beer of the Holy Broman Empire," and in third was "Caillouigi 3 & Knuckles."

When asked about his experience on "Do You Really Trust an Aquarius..." sophomore Andrew Stelzer admitted, "It all feels like a dream now. I'm not sure if it actually happened." Stelzer quickly added, "Play trivia! It's awesome," as he continued to remember the events that took place over the 50-hour contest.



Members of the team "Coming Out of the Cave and the Nips are ROCK Hard" searching for answers to a question. Photo by Hannah Burgess.



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Lawrence Community celebrates Lunar New Year

Wenshu Wang
Staff Writer

The Lawrence University Vietnamese Cultural Organization (VCO), Lawrence Asian Diaspora Alliance (LADA), Lawrence International, Korean Cultural Club (KCC), LU Chinese Students Association (CSA) and Waseda students held the ninth Lunar New Year celebration last Saturday, Jan. 27 in the Warch Campus Center.

The celebration welcomed both the Appleton and Lawrence communities. Asian food was served. In order to make more people familiar with how people prepare for Lunar New Year and the traditional practices, different organizations set up booths for cultural expositions. In addition, a cultural performance of the Lion Dance was shown. Representatives from VCO, KCC, CSA and Waseda presented on how people celebrate Lunar New Year back in their countries.

Lunar New Year is the beginning of a year whose months coordinate with the cycles of the moon. Most Asian countries have celebrated this festival for centuries. In China, it was originally a time to honor deities and ancestors. Eating an annual reunion dinner with family, watching the CCTV Spring Festival Gala Evening, decorating doors with red couplets and cleaning the house to sweep away any ill-fortune are main Chinese customs.

In Japan, people send New Year's postcards and make rice cakes. It is also customary to play many New Year's games. Korean people usually wear hanbok (Korean traditional clothes) to perform ancestral rites. They visit family and eat conventional food together.

To prepare for the New Year, Vietnamese families have ancestral worship and give lucky money to young kids. Other countries and regions have similar and local customs for celebrating Lunar New Year.

The Korean booth prepared a

game called chopstick competition. Participants were asked to pick up rice or beans using chopsticks and get as many as possible in a limited time.

Traditional teas and Japanese snacks were served; Waseda students also displayed their postcards, traditional games and calligraphy. One game played was Fukuwarai or "lucky laugh." The players put parts of the face like nose, eyes and mouth onto a blank face.

VCO had the red envelopes containing lucky money as well as the decorations used for celebration. Associate Professor of Chinese and Linguistics Kuo-ming Sung was invited by CSA to write calligraphy and couplets on red paper. It was also possible to ask Professor Sung to write your name in Chinese. Chinese tea and snacks were served as well. Crowds queued to take photos at the photo spot.

Moreover, VCO taught everyone Cheraw dance or Bamboo dance. Eight people holding pairs of bamboo staves on top of another horizontally placed bamboo pole on the ground. The performers then clapped the bamboo rhythmically while others danced in intricate steps between the beating bamboo.

Even though Lunar New Year is one of the most important celebrations for most Asian countries, the traditional practices vary slightly in regions. Therefore, students from China, Korea, Japan and Vietnam illustrated their particular traditions about Lunar New Year.

Following the presentations, four performers provided a show for Lawrence in the end of the celebration. The Lion dance is a Chinese traditional dance performed during New Year celebration in which the performers mimic a lion's movements in a lion costume to bring good luck and fortune. The lion is normally operated by just two dancers.

For future events, CSA is holding a Lunar New Year dinner on Wednesday, Feb. 6 at 6 p.m. in Sabin House. Food, drinks and Karaoke will be served.



Top: Students enjoying the photo booth at the Lunar New Year Celebration. Bottom: The Lion dance is a traditional part of Chinese New Year celebrations. Photos by Caroline Garrow.

World News



Compiled by Rikke Sponheim

Venezuela

Venezuelan President Maduro has accused the United States of meddling in the country's politics in order to gain control of Venezuela's oil interests. This comes after the United States and many other countries have expressed support for opposition leader Juan Guaidó. Maduro has stated that he is willing to hold mediation talks with Guaidó on neutral territory and named several countries that might be suitable locations for talks, one of which being Russia. Russia has announced that they would support these talks, and the country has invested money in Venezuela's debt. A protest against Maduro led by Guaidó took place on Wednesday, Jan. 7, and another will be happening again on Saturday, Feb. 2. (The Guardian)

Djibouti

Two boats carrying migrants are believed to have sunk off the coast of Djibouti sometime this past week, and as of Wednesday, Jan. 30, 28 bodies have been found and two survivors have been rescued. Through the International Organization for Migration (IOM), which found the two survivors, it is thought that there could be around 130 casualties from the incident. According to the survivors, the two boats were overloaded and capsized within half an hour of leaving shore. An average of six people a day die while attempting to cross just the Mediterranean, and the thousands of people who attempt to cross the Bab al-Mandab Strait from the Horn of Africa to the Arabian Peninsula face a similar fate. (The Guardian)

Zimbabwe

The Zimbabwean government is still cracking down on unrest after former president Robert Mugabe stepped down in early January after having been in power since the 1980s. Soon after the transfer of power to current President Emmerson Mnangagwa, oil prices and the prices of other essentials such as flour have doubled or even tripled. This has resulted in unions in the country calling for strikes, which have been responded to with police and military violence. It has been reported that at least 12 people died, and many others were injured when government security forces fired on civilians. (The Guardian)

Yemen

The cease-fire in Yemen is still holding, and Saudi Arabia is still set on negotiating an end to the civil war in Yemen that has been going on for the past four years. The cease-fire is still being maintained but might be on the brink of falling apart. It is suspected to be close to falling apart due to breaches in what was agreed in the UN lead talks in Stockholm that happened in September. While there have been no air strikes or military operations in the area, things like the UN food program have had difficulty operating in the country. Also, both the Houthi rebels and government forces have not demilitarized as quickly as was agreed upon and is a key factor in destabilizing the cease-fire. (The Guardian)

Upcoming Events

SOUP Winter Carnival: Broomball
Saturday, Feb. 2, 10 a.m.
Ormsby Lake

President's Ball
Saturday, Feb. 2, 8:30 p.m.
Somerset Room

Visiting Artist Lecture: Salvador Jimenez-Flores
Sunday, Feb. 3, 4:30 p.m.
Wriston Auditorium

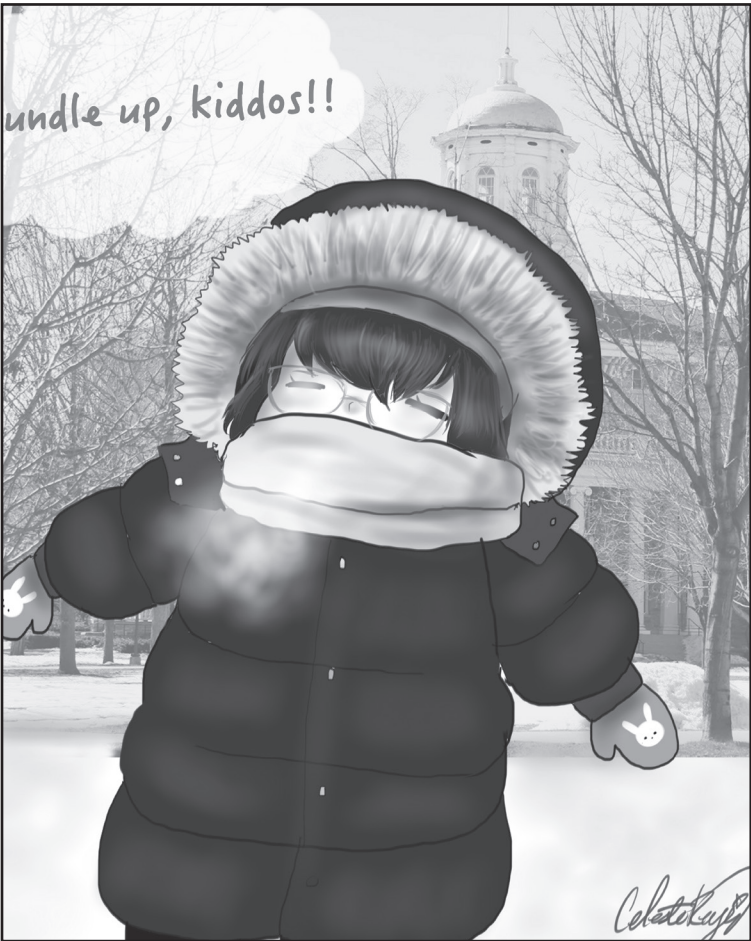
World Music Series: Projecto Arcomusical
Wednesday, Feb. 6, 8 p.m.
Harper Hall

LU Unplugged Day
Thursday, Feb. 7

Reclaim The Stage
Friday, Feb. 8, 5 p.m.
Diversity Center

Much Love, Little Lady

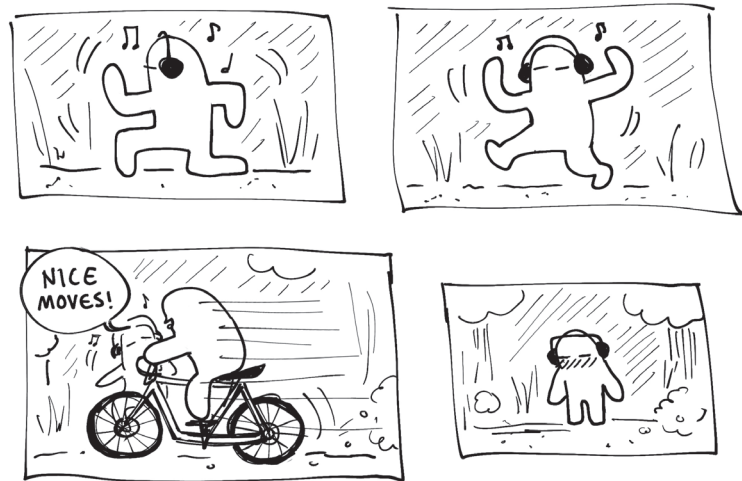
By Celeste Reyes



Vegetable Day

By Allie

OUT FOR A WALK



The Idiot's Idioms

By CLAIRE ZIMMERMAN



Fly on the Wall

“Meditation Upon Sherlock Holmes”

By Tia Colbert

Sherlock Holmes was a good man.

You know, I've been thinking a lot about him lately. About the magnificent things he did, the puzzles he solved, the legacy he left. Yet, the history books tell us that he was not real.

Written in the 19th century by Sir Arthur Conan Doyle. “The Great Detective,” based somewhat upon the author’s medical school instructor. Rumored to be based upon Doyle himself...interesting mythology, no?

Oh, but you should see it. The way this city loves the man. Baker Street looks unruined compared to its surroundings, even though we both know it is not true. Of all the parts of the country to ensure to

be rebuilt, the home of a fictional detective was chosen. It stands out like a beacon amongst the grey and dark of the area, as well. That famous maroon catching the eye of all that fly by (it may have been rebuilt, but it is still quarantined for another decade). I mean, this much love for someone fictional? I've never been a skeptic, but it just does not seem likely.

How could such a person, such a force of nature not have been real?

And the accounts by Watson? Writing was indeed a different machine altogether if those were the work of the imagination. Our contemporary works don't even come close, as I am sure you have already found in your studies. And

the sculptures, you see, they really do not help. They take up much of the space in the parks we are allowed to peruse.

Watson himself?

Another medical man...I am sensing a pattern here. Do you see it my friend? It is one thing to be inspired by the abilities of an existing man. But, the characterization, attention to detail, bias of a limited narrator? Ah, it all makes a little too much sense. Is it real enough to have actually been true? That is the question.

I'm afraid I too am beginning to believe in this mythical boisterous figure.

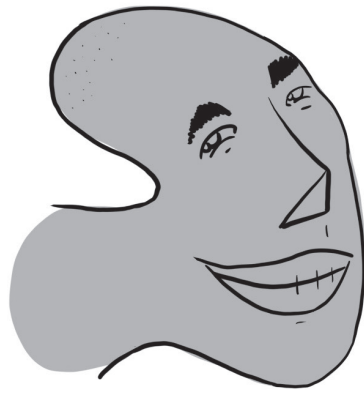
Until next time—

WHO'S THAT SHAPE?!

By: Isabel Kelly



IT'S...



Edmond!

HOROSCOPES

THE SIGNS AS FABRICS

By Simone Levy

Aries (March 21 - April 19) - Lycra: You're powerful, but we can see right through you.

Taurus (April 20 - May 20) - Denim: Down to earth but still knows how to have a good time!

Gemini (May 21 - June 20) - Two-toned pre-sequined fabric: You've been distant lately and I miss you.

Cancer (June 21 - July 22) - Tulle: Double duty as emergency cheese cloth.

Leo (July 23 - August 22) - Cotton: Boring.

Virgo (August 23 - September 22) - Percale: Isn't it so nice to just lay your head on a 700 thread count percale pillow case? Literally nothing beats it.

Libra (September 23 - October 22) - Muslin: We get it. You went to Parson's School of Design.

Scorpio (October 23 - November 21) - Organza: You would wear a wedding dress to someone else's wedding, wouldn't you.

Sagittarius (November 22 - December 21) - Lace: Just a little something fun and flirty!

Capricorn (December 22 - January 19) - Merino wool: Shear beauty.

Aquarius (January 20 - February 18) - Satin: Smooth and luxurious. Don't lose yourself in all of that draping.

Pisces (February 19 - March 20) - Velvet: Tell me more about your time in New York City!

It was a 2-2 weekend for the Lawrence basketball programs

Tina Schrage
Staff Writer

This past weekend, the Lawrence University's men's and women's basketball teams travelled to Cornell College and Monmouth College, both taking home one win and one loss. The women's team started the week-end off right by beating Cornell 64-52 on Friday, but the tides shifted, and they lost to Monmouth on Saturday, 68-51. The men's team started the weekend on the rough side and fell to Cornell on Friday, 91-76, but on Saturday, they were able to pull ahead and come out on top of Monmouth 78-74. The women's team now sits with a record of five wins and thirteen losses overall, with two of those wins and ten of those losses being from Midwest Conference games. After this weekend, the Vikings men's team has a record of ten wins and nine losses overall; seven of those wins and five of those losses are from Midwest Conference games. With this record, the men's team is looking to keep up their efforts in order to make it to the Midwest Conference Tournament at the end of the season.

The weekend started off extremely well for the Vikings women's team in all aspects of the game against Cornell. "We got off to a very good start against Cornell," said Head Coach Riley Woldt. "They

do some things that are difficult to guard, and I thought we did a nice job of being tough individually, but we also did great collectively to support one another to get stops. When you get stops, it leads to a better flow on offense." As a team, the women were able to work together in order to get some shots off, as the shot clock wound down, that were of good quality even in a limited time frame. "I thought our team showed some toughness and composure as Cornell made two different runs in the second half," continued Coach Woldt. "We did a really good job of executing down the stretch."

The women's team played amazingly from the shooting stand-point. Although defense wins championships, shooting is one of the most important aspects of the game-to-game statistics. As long as the team can get the shots off and their percentages are high, they will be able to move forward and overcome other teams. Sophomore Kenya Earl had a phenomenal game, posting 24 points and 13 rebounds, a majority of those coming from the defensive end. She set a school record of making 15 free-throws in a single game, while only missing one from the line. Junior Shonell Benjamin scored 14 points for the team and made an additional 6 rebounds for the team. As a team against Cornell, the Vikings' women were able to make 22 out of 24 of their free-

throws and 19 out of 34 field goals. On the defensive end, they were able to nab 27 rebounds, which is out of their total of 32 rebounds.

Against Monmouth College, the Vikings' women's team did not have as much success as the previous night. Offensively, they started off well, but once they hit a rough run in the first half of the game where the ball would not fall through the net, the team was unable to bounce back completely but were able to have a stronger second half of the game. Coach Woldt stated, "After regrouping at halftime, our team showed grit as they bounced back and battled possession for possession in the second half." Earl was the top contender again on Saturday, scoring 16 points for the Vikings and having 4 defensive rebounds. Benjamin scored another 11 points and had three rebounds for the Vikings. Despite this loss, the Vikings' women's team will continue to move forward in their ambitions, focusing more on the "we" aspect of the game.

Opposed to the start of the women's weekend, then Vikings men's team did not have as great a start. Against Cornell, the men's team fell behind in the latter part of the first half. They had difficulty recovering from a setback of 15 points, but even as they tried to rally back into the game during the second half, they were unable to close the gap. Sophomore Brad Sendell

put up 25 points for the Vikings and four rebounds. Sophomores Bryce Denham and Mason Materna followed behind Sendell in points, putting Lawrence back in competition with Cornell with 16 points each. But going into Saturday's game against Monmouth, the Vikings' men's team decided that it was time to shift gears and change things up.

"After our loss against Cornell, we changed up our offense going into Monmouth," stated senior George Mavrakis. "Our coaches decided it would be best to play to our strengths. They installed a chain of offensive plays that forced us to drive the ball, get to the rim and play together more fluidly."

This positive change was reflected through their durability in the first half against Monmouth. The Vikings' men's team was able to keep the game tight and even came out ahead at the end of the first half, 34 to 30. The Vikings were able to pull ahead midway through the second half even further, gaining an 11-point advantage. But the game grew close again quickly, and the men's team fought hard to win the game against Monmouth.

Sendell set a new season high for himself with 31 points during the Monmouth game, out-scoring his previous season high by 3 points. "Brad has been a beast lately," Mavrakis praised. "He's really growing into a great leader for the team as well. His communication

on the floor is vital to our team's success." Denham scored another 16 points on Saturday, along with 5 rebounds to help lift the Vikings to victory. Mavrakis also helped the Vikings push forward by adding 12 points to the scoreboard and having a team high of 8 rebounds.

As the men's team looks ahead at the season, they are hoping to reach the conference tournament. "We are in a really good position to make a run," said Mavrakis. "All the early struggles we've had to get to this point have been worth it." Not only is the team working hard to make the necessary adjustments before each game, but the coaches are also working hard to make sure that the team is best prepared for the competition to come. The coaches adapt to the strengths of the players as a team and individually, and the players are ready to listen and have immense trust in their coaches to guide them towards the conference tournament.

Both the men's and the women's teams will play away at Ripon College on Saturday, Feb. 2. After that they will have a home game against Lake Forest College on Tuesday, Feb. 5. Both of these games will be counted towards their Midwest Conference record. After these two games, both teams will only have three more games left in their regular season that will determine the remainder of the post-season.

Fencing teams take on big school rivals in Notre Dame meet

Molly Doruska
Staff Writer

It was a busy weekend of fencing for the Lawrence University men's and women's fencing teams. This past weekend, both teams made the trek down to South Bend, Ind. to compete at the DeCicco Duals fencing competition hosted by Notre Dame University on Saturday, Jan. 26 and Sunday, Jan. 27. The Vikings matched up against 12 different varsity and club teams from a wide variety of schools.

"We compete against big name universities like Notre Dame, and it's a bit intimidating to see their team which is probably about three times the size of our team. It's a bit nerve-wracking, but the Lawrence team brings a lot of high energy and school spirit," said junior Allison Kim.

The women had a strong performance during the two days of competition, picking up a total of eight victories. They beat Detroit Mercy 22-5, Florida 14-10, Indiana 16-10, Case Western Reserve 23-4, Purdue 14-13, Michigan State 14-10, the University of Chicago 14-11 and Denison 17-9. All of the squads—sabre, foil and epee—had strong showings throughout the competition. Epee went a perfect 9-0 against Detroit Mercy, sabre ran the table against Florida going 6-0 and foil added a perfect dual of their own as they went 9-0 against Case Western Reserve. Lawrence also matched up against some tougher competition, as they lost to Notre Dame 25-2, Wayne State 14-12, Wagner 15-12 and Michigan 15-12. Overall, the Lady Vikes were a solid 8-4 in duals over the course of the two days.

On the men's side of the competition, Lawrence also put up some strong performances. The

Vikings won four matches, beating Florida 17-10, Indiana 14-13, Michigan State 15-12 and Denison 15-12. The Lawrence epee squad went 9-0 against three teams, Detroit Mercy, Florida and Indiana, and went 8-1 against Michigan State. The foil team also had some solid showings, as they were 8-1 against Denison and Florida and 7-2 against Michigan State. Like the women, the men faced some stiff competition as well, as they lost to Notre Dame 23-4, Detroit Mercy 14-13, Wayne State 20-7, Northwestern 18-9, Michigan 18-9, Purdue 15-12 and the University of Chicago 18-9. Overall, the Lawrence men were a respectable 4-8 in the duals.

This competition was the team's first after returning to campus in January. "We are at the beginning of our season. This past weekend's competition at Notre Dame was our first NCAA competition. Next week is our second competition at Northwestern. So far, the team has performed really well, but since we've only had one competition, it's hard to predict how we'll do next week against different varsity level schools," explained Kim.

The Vikings will have another week of practice before they travel to Northwestern University this upcoming weekend, Feb. 2 and 3, for the Northwestern duals. The team has a very collaborative practice environment. Kim says, "The team is very tightly knit, and we are supportive of one another. At the beginning of practice, we will condition and warm up as a whole. For the rest of practice, we spend it with our respective weapon and gender squads. This is another level of bonding that is more intimate."



Women fencers after a great weekend of competition.
Photo by Caroline Garrow.



Men's fencers face off in epic battle.
Photo by Caroline Garrow.

Swimming and diving teams are on to Conference

Madeline MacLean
Staff Writer

Saturday, Jan. 26 was the last swim and dive meet for Lawrence as they go into their conference preparation. The team takes a three week training period between their last regular season competition and their Midwest Conference Championships appearance. This best ensures the most success for the team as a whole.

The Wisconsin Private College Championships proved to be one of the most challenging and competitive meets that the team has performed in this season. It was a great way to send them into their three week deep training period, as they are coming off of this previous weekend highly motivated to get better and do well at the conference championships.

In Kenosha, Wis., the Lawrence University swimming and diving teams took four individual titles and a few other close second and third places. Freshman Mizuki Ohama won a pair of titles, one first place finish in the 100-yard butterfly and the other in the 200-yard butterfly. Ohama’s 100-yard time was 1:00.75, and her 200-yard time was 2:11.68. Ohama is here as a part of the Waseda program, and so is unfortunately only competing for Lawrence this season, but she is obviously proving her worth with her many accomplishments in the pool this season. The energy of the team as they cheer her on during her races is unmatched. The team is very proud to have her this year

and will be sad for her to leave.

Senior Emmi Zheng also swam away with a win this last weekend. Zheng finished with a time of 1:11:38 in the 100-yard breaststroke. That is not all she contributed to her team, though: with a time of 2:36.01, Zheng took second in the 200-yard breaststroke.

There were three other second place finishes for the lady Vikings. Freshman diver Maddy Smith, was second in the one-meter with a score of 396.15. Freshman swimmer Mae Grahs also came in second in the 1650-yard freestyle with a time of 19:26.22. Lastly, sophomore swimmer Erin Lengel added to the team’s points with her second-place finish in the 500-yard freestyle with a 5:31.18 time.

Capping off the women’s swim and dive efforts was the third-place finish of the 200-yard freestyle relay team of junior Bridget Duero, sophomore Amanda Marsh and freshmen Leena Meyers and Laurel Soderquist. Their time was 1:46.66.

The women’s team ended up finishing third overall with 111 points. Carthage College took first in the meet with 274 points. While the Vikings did not end up on top this weekend, they had a lot of great races and competed in every event. Now it’s time to dial in and focus on their Conference Championship performance.

The men’s team came in fourth with 84 points. Carthage College also won the men’s side of the meet with a score of 235. The men are not discouraged by this

outcome. They have been competing with the best of the conference all season, even with a small roster. Also, they had some success of their own.

Sophomore Charlie Phillips swam to a first place finish in the 200-yard butterfly with a time of 2:07.92. This victory definitely helped set the pace for the men’s side of the competition. Fellow sophomore Anton Hutchinson grabbed a couple of second place finishes and a third place finish. He took second in the 500-yard freestyle with a time of 4:53.59 and the other second-place finish in the 1650-yard freestyle with a 17:32.82 time. His third-place finish was in the 200 freestyle with a 1:49.06.

Two relay teams helped support the men’s point attainment with a second and third place finish. The 200 medley team of senior Max Stahl, junior Tom Goldberg, Phillips and Hutchinson took second with a 1:43.34 time. The other relay team of Stahl, first year John Berg, junior Liam Wulfman and senior Jordan Spalding took third in the 200-yard freestyle with a time of 1:36.85.

Both teams competed at a high level and showed a lot of heart. Junior swimmer Elise Riggle said, “It was really competitive. Carthage is a division two team, so there was a lot of good competition. And even though everyone was really beat up, a lot of the team swam for their best times this weekend.”

At this point in time, the teams are shifting focus and really look-

ing towards their conference meet. When asked to describe what these next couple weeks will look like, Riggle said, “Every person meets with the coach individually to decide what taper they will be on, which will differ by the lengths of their events. Often times, sprinters have the longest tapers and distance swimmers will have the shortest. Tapering is important because it lets our muscles rest and recover, and it allows us to train more race-pace stuff, which ultimately lets us be as strong and as conditioned as possible for conference.”

As the Vikings gear up for conference, they continue to stay motivated. “It’s pretty easy to lose motivation. I think because our season is so long and swimming is kind of an individual sport in that most of the time it’s just you talking and motivating yourself. We just have to stay motivated to try hard and I think everyone will be proud of the end results,” said Riggle.

The women have a great chance at beating Lake Forest this year, and the men always shine through in conference, especially with a small roster. It is an exciting time for the swim and dive teams. They are preparing to miss some school and are continuing to work hard in the pool to ensure a strong performance at conference.

The Midwest Conference Championships are Feb. 15-17 in Grinnell, Iowa. Good luck, Vikings!

Vikings fall to Northland

period that led to them having some chances. We didn’t do a great job managing the momentum during that time and they capitalized. We knew we needed to have this game to give ourselves a good shot at the postseason. We continued to fight and battle, but we just came up a bit short. If the game was another minute longer, I would’ve liked our chances.” There was a lot riding on this game for the Vikings. No wonder they snapped back in it in the third and final period of the game.

The Vikings ended up scoring two more goals to tie it before a player from Northland also managed to score, making the final score 5-4. The Vikings were up in the first period, Northland conquered the second, but in the end, it all came down to those final minutes in the third period. The Vikings proved there was still hope and that if you do not give up when the times are tough or when your team hits rough patches, you have a shot at winning any game at any time.

I asked Koeplinger if he knew it was going to be a tough game, and he responded, “Northland has always been a gritty team. For as long as I have been here, they have had a physical, pesky team. They are a hard team to play in the rink, and they use their speed and transition game well.”

I asked him what the teams goal was for the season and if they had accomplished it yet or not. He

responded by saying, “Our goal all season long has been to make the playoffs. We still have a shot, but we need to take it one game at a time. We play in the best conference in D3 hockey, in the toughest division and we take a lot of pride in the fact that we compete year in and year out.”

I asked Koeplinger when and how he started getting into playing hockey. He said, “I’ve played hockey since I was 3 years old, it’s been my life for as long as I can remember. My dad was my youth coach growing up, and he was the reason I started playing. I’ve loved the game ever since.” Many of the guys on the team have a similar story and show their character and determined heart when they go out and play each and every game to the best of their abilities.

Next, I interviewed Head Hockey Coach Michael Szkodzinski. I asked Coach Szkodzinski why he thought there was a lull for the Vikings in the second period. “We played a real solid first period, but they scored late and that can take the momentum away. They worked hard and got a couple of bounces that ended up in our net. We recovered, but just too late.”

Coach Szkodzinski brought up a good point: one of the hardest tasks to maintain during a game is the team’s overall momentum. If even one person or one thing is out of line, it throws the whole system into disarray. These moments are the real game changers. The plan

is that next time, the Vikings will regain their momentum quicker and as a unit.

I asked Coach Szkodzinski what he thought they needed to improve upon for next time. He said, “We have to continue to work on staying focused for 60 minutes and making strong plays. At times, we tend to get ‘too cute’ and that can lead to turnovers. When we play simple and strong—we can play with anyone.”

Coach Szkodzinski ended by saying, “To me, hockey is a sport that reveals character. It is a game that must be played the right way or success will not happen. The speed and physicality is like no other sport. There is so much emotion put in to every single game, and players show their true colors in the most important times.” Coach Szkodzinski’s experience as a player, his passion for the game and his undeniable need to share his knowledge and love of the game with others is why he continues to spend his life, year after year, coaching the Vikings. Lawrence is lucky to have him.

All in all, whether it turned out to be a blessing or a curse, the good news is that their game against Northland did not knock them out of the running for making the playoffs. It still seems like the Vikings have a long way to go, but if they remain positive as a collective group, success is not too far off in their future.



STANDINGS

MEN’S BASKETBALL

TEAM	MWC	OVR
St. Norbert	11-1	13-6
Grinnell	11-2	15-4
Lake Forest	8-4	12-7
Ripon	7-5	11-8
Lawrence	7-5	10-9
Monmouth	7-5	9-10
Beloit	4-8	6-13
Illinois	3-9	5-14
Cornell	2-9	4-14
Knox	0-12	1-18

WOMEN’S BASKETBALL

TEAM	MWC	OVR
Monmouth	10-2	15-4
Ripon	10-2	11-8
Knox	8-4	11-8
Lake Forest	8-4	9-10
St. Norbert	6-6	7-12
Cornell	5-6	5-11
Illinois	4-8	8-11
Grinnell	4-9	6-13
Beloit	3-9	4-15
Lawrence	2-10	5-13

MEN’S ICE HOCKEY

South Division

TEAM	NCHA	OVR
Adrian	9-4-1	14-6-1
Lake Forest	8-3-3	10-6-5
Aurora	7-7	10-11
Concordia	5-7-2	7-11-3
MSOE	4-7-3	6-11-4
Trine	4-9-1	8-11-2

North Division

St. Norbert	10-3-1	14-4-3
Marian	8-5-1	10-8-3
Northland	7-5-2	9-10-2
Finlandia	6-6-2	8-11-2
St.Scholastica	4-9-1	9-11-1
Lawrence	3-10-1	5-15-1

UPCOMING EVENTS

Men’s Ice Hockey vs Marian
(Battle of HWY 41)
Feb. 1, 7:00 p.m.

Women’s Basketball vs. Lake Forest
Feb. 5, 5:30 p.m.

Men’s Basketball vs. Lake Forest
Feb. 5, 7:30 p.m.

Men’s Ice Hockey vs. Northland
Feb. 8, 7:00pm



Standings are courtesy of
www.midwestconference.org



LET’S GO,
LAWRENCE!



Travelogues: Rome with Tali Berkowitz

Tashi Haig
Columnist

Junior Tali Berkowitz did not only live and study in Rome over the course of the fall semester, the eager traveler explored as many European cities as she could fit in between classes. Luckily for Berkowitz, being a student in Rome at the American University of Rome proved to be far less work and more play. With classes only on Mondays and Wednesdays back-to-back, Berkowitz had several four-day weekends to do as she pleased.

"I spent more than three weeks away," Berkowitz estimated when asked how much time total she had spent visiting other countries and cities on weekend excursions. Berkowitz often took airplane trips to places such as London, Berlin, Amsterdam, Brussels, Paris and Barcelona.

Closer to home, Berkowitz also experienced Venice and Milan, as well as a few sites chosen by her study abroad program, International Study Abroad (ISA). With ISA, Berkowitz went to Sorrento, Pompeii and Capri. Berkowitz especially enjoyed lounging in Capri, explaining, "I was just in the water for most of the day."

Though Berkowitz complained that the public transportation was surprisingly poor in Rome, this did not stop her from hopping on the irregular trams and trains to explore nearby attractions. Among these destinations were the Spanish Steps, the Colosseum and, most importantly, the gelato shop downstairs from Berkowitz's own apartment. As one might expect, Berkowitz had only high praise for the gelato and pasta dishes she had in Rome and Italy, and grew especially wistful as she described a gnocchi dish served in a cheese sauce, which she experienced in Venice.

Despite the delicious food and accessibility to nearby European attractions, however, Berkowitz did not feel that she would ever want to live in Rome. "Hipster culture really hasn't reached Italy yet," Berkowitz said, and explained, "It's not an alterna-



Junior Tali Berkowitz.
Photo by Anton Zemba.

tive place. Everyone for the most part dresses the same...there's no punk or goth and you don't see anybody dressing differently."

Berkowitz was also unexcited by her educa-

tional experience in Rome. Citing what seems to be a trend so far in Lawrentians' experiences with educational styles abroad, Berkowitz explained, "I had two Italian teachers and then two American

teachers, and their teaching styles were very starkly different. Those two groups contrasted and I liked the American style; it was more discussion-based [whereas my] Italian teachers were talking *at* us."

While at the American University of Rome, Berkowitz took Italian, Introduction to International Relations, Great Books of the Enlightenment and Conflict Resolution Negotiation. Rome had been among Berkowitz's top choices for study abroad locations because Italian seemed an easy enough language to learn—something which Berkowitz admits she quickly found not to be the case. However, Berkowitz did retain some essential phrases: "I can ask for the bathroom, the bill and a lighter. That's the extent of what I kept," she laughed.

Having become a seasoned traveler around Europe during her semester abroad, Berkowitz had several words of advice for future travelers in her shoes, such as making sure that your tram is in fact going in the right direction and carrying pepper spray as a precaution. Berkowitz also noted that while it can be fun and exciting to "wing it" on unplanned adventures, it pays to still know some information in advance of a trip. "One time we almost had to sleep in the streets in Venice!" said Berkowitz, explaining that a trip with friends was nearly ruined by not realizing that they had chosen to stay in Venice during one of its more heavily trafficked tourist seasons, resulting in almost no open rooms to spend the night.

Berkowitz also advised spacing out travel so as not to wear yourself out. Trekking around towns in Europe can quickly become tiring if every weekend is devoted to travel. "What I like to do when I travel is I like to just walk around the city during the day and just see stuff," Berkowitz said.

Though Berkowitz did not feel that adjusting to life in Rome was much more difficult than getting used to being a freshman college student, she is happy to be back at Lawrence amongst familiar comforts and faces.

Peter Lagershausen
Staff Writer

On Jan. 24, Postdoctoral Fellow of Jewish Studies Elliott Ratzman hosted a talk called "Intersections: How Not to be a Schmuck" in Sabin House. Ratzman drew upon his experiences at a workshop in Philadelphia, where he and his cohorts worked on character building in the context of the Musar movement, a Jewish tradition centered around ethical self-improvement.

"The Musar tradition has fallen off the radar for liberal Jews, but not Orthodox Jews," Ratzman said. "We were concerned with converting it into contemporary language so it wasn't archaic." They did this through the lens of French Jewish philosopher Emmanuel Levinas, using his language to modernize 19th century Musar teachings. This process is especially relevant because the art of ethical self-improvement is anything but esoteric. According to Ratzman, "It has its place in the traditions of every world religion, and it can also be instated without necessarily adhering to a particular faith."

Despite parallels in ethical processes across different religions, Ratzman identified some approaches that are characteristic of specific faiths. "In Christian discussions, there tends to be an angel on one shoulder and a devil on the other, representing right and wrong, with the goal being to extinguish the wrong," he said. Of Buddhism, he remarked that emphasis is placed on the problem of desire, and extinguishing it. The Jewish tradition differs from both of these; Ratzman said, "In Jewish virtue, there are two impulses: one in the interest of self, and one in the interest of other people." This duality can also be thought of as material need and spiritual need, and it doesn't paint anything as black and white. Instead, an individual must pursue both needs to



Postdoctoral Fellow of Jewish Studies Elliott Ratzman.
Photo by Quinn Giglio.

some extent in order to remain a functioning human being. In spite of the self's "trickster agenda" and its association with wrongdoing, it is fruitless to deny it a level of satisfaction.

The workshop Ratzman participated in incorporated Benjamin Franklin's 13 Virtues into the context of Musar tradition. He said, "We liked to think of Musar as a religious idiom for the 13 Virtues." He and other participants would analyze a text in the context of a specific virtue, and for a week would methodically keep track of that virtue. "We would use things like journals, charts and mnemonic devices. And when you book keep your character, you notice things about yourself that you never did

before," Ratzman said.

He offered an anecdote about changes in his attitude coming out of this: "I realized I usually procrastinate on replying to work e-mails, so I began to imagine how I feel when somebody is slow to reply to motivate myself to do better." He also had a poignant comment regarding the mundane nature of such an event, saying "When we think of ethics, we normally think of puzzling out difficult problems. However, day to day ethical problems are usually very simple. We just lack the willpower to address them." Perhaps a less intuitive situation was at a meeting he attended for an anti-war demonstration. He described the room as being full of ego,

but suppressed his impulse to confront anyone or withhold his cooperation. Hence, character is built by going beyond basic principles like empathy and actively breaking harmful habits however intuitive they may be.

An important point that was stressed is that character building is not to make you better, but rather to make you more able to serve others. Ratzman said, "A Christian priest might say, 'Your head's not on straight, so your soul is in a bad place,' whereas a rabbi would tell you, 'Your head's not on straight, so that's going to hurt the people in your life.'" This kind of thinking encourages a community-centered outlook, and can be summed up as your neighbor's material need being your own spiritual need. To think on an even more interconnected level, it was Levinas' idea that we are "responsible for the responsibility of others."

Because the ethical thought Ratzman described is contextual and non-dogmatic, there are inevitably instances that demonstrate imbalance or pose questions. For example, he referenced an activist for the #MeToo movement who later turned out to be guilty of sexual misconduct. Must he have thought that he had some sort of character credit that excused him? Another example Ratzman gave was his personal philosophy in writing recommendation letters. He said, "I'm not necessarily going to write you the letter you want. I'm going to write it based on how I think you can best serve others, and you may not even have expected how."

Ratzman indicated that the two repeats of the event would include expansion on topics from the first talk while remaining accessible to newcomers. At the time of writing, these additional events will take place on Jan. 31 and Feb. 14.



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Work It: Bon Appetit

Karina Barajas
Columnist

This week I wanted to investigate why Bon Appétit has such a tight community of workers. I learned that the Andrew Commons is composed of two parts. There is the front house where workers serve, prep and clean up, and there is a back house where students wash dishes, load the dishwasher and make sure the service is running smoothly. Most students hear about this job through the Freshman Job Fair. Students can apply for a position through the application as well as Handshake. In the past, student workers had to apply for promotions, but now the staff approaches individuals to accept the position to make sure the person is the right fit for the job. This has proven to be successful.

Freshmen Quintin Giglio, Jeff Mason and Esther Wang have been working in the front house at Bon Appétit since fall term. Seniors Michele Haeberlin and Eddie Hood are student supervisors.

Giglio is currently a provisionary supervisor in training doing all front house server duties and moving into a role of managing students. In this position, he supervises food service areas, making sure the student staff has proper clothing and can get the food when they need it. Outside of his job, he is a photographer for *The Lawrentian* and participates in the Makerspace and Film and Photography Club. He works four times a week for four hours, which is equal to one meal. He is in the engineering program and wants to pursue a degree in Environmental Studies.

Mason is in training to be a supervisor to take more responsibility in the front house as well as manage some of the back house. He will sometimes take extra shifts besides three shifts a week for dinner. He enjoys the everyday interactions with his fellow peers. He aspires to be an English and Computer Science double major. He is also the secretary of Creative Writing Club. His job has given him a good work ethic, a skill he believes he can take with him after he graduates. He wants to encourage other students to work for Bon Appétit because it is convenient and they can learn essential life skills.

Wang thinks that food is important, and when students come in with confused looks from all the food options, she hopes she could be of help and likes making recommendations. “Food is a common topic no matter what preferences you have—it’s something you need to survive,” she added. She works evening shifts on week days until 9 p.m. and

Sunday brunch from 10:15 a.m. to 1:45 p.m. She plans to work at Bon Appétit for two years because she plans to study abroad junior year and handle the work load senior year. She believes communication is the most important lesson she has learned on the job. Wang hopes to be an East Asian Studies major and enjoys listening to music, attending class and learning about Japanese culture.

Hood has worked for Bon Appétit all four years because he loves his job and the people he works with. He assists in the interviewing and hiring process, which begin at the beginning and end of the year as well as present in orientations. Prior to his promotion, he was the shift lead who delegated tasks and made sure everyone came in on time. Since he is a Theatre major he appreciates being able to choose his own hours. He admires that his fellow coworkers come from different backgrounds, majors and interests. His shifts are every Friday night from 4:30 p.m. to 7 p.m. and Saturday from 10 a.m. to 2:30 p.m. The rest of his week is flexible and he is willing to work overtime when needed.

Haeberlin has worked at Bon Appétit all four years. She gravitated towards it because she worked at a family restaurant before college and wanted a similar work environment. Plus she likes her fellow coworkers.

“My favorite part of the job is twofold—one is training a person and then seeing their excitement when they do something correctly on their own and feel pride, and the other is, again, the tight community of friends I have made with the adult workers and chefs,” added Haeberlin.

She has learned how to handle emergency situations and how to handle people who do not speak English and training them, how to deal with various learning styles and how some people learn quicker than others, how to manage but not be bossy or condescending and how to be confrontational about a serious issue but make it not aggressive or in a negative tone. In addition to working at Bon Appétit, she writes for *The Lawrentian* and is a Residence Life Advisor. She used to model, as well. Outside of work she is a board member of the Melee Dance Troupe, a singer in the Viking chorale, a board member of KCC and currently helping lead the Cabaret K-pop dance group.

All the workers agreed that the benefits of Bon Appétit are flexible hours, convenient commute and a free meal. It is also the largest student worker organization with the highest paying salary. There are many chances for promotion and good work



Freshman Quinn Giglio.
Photo by Anton Zemba.

does not go unnoticed. The workers agreed they have learned organization skills, punctuality and time management—all useful skills that are needed

when applying for a job. It goes to show that it does not matter what you do as long as you enjoy doing it.

Faithful Retellings: Kelsey Kaufmann

Katie Mueller
Columnist

While we’ve always been told never to bring up money, politics or religion at the dinner table, sometimes it’s these subjects that can lead to the most insightful discussions. Our perspectives on spirituality and religion are as different as the backgrounds and stories we carry with us. This column will showcase students and their relationships with faith and religion in hopes of celebrating the many ways in which we philosophically, mindfully, and spiritually make sense of the world around us.

Senior Biology and Environmental Science major Kelsey Kaufmann has always found their roots in the outdoors, whether it be through hiking or gardening. As they have grown, these roots have found cultivation through Kaufmann’s Pagan and Wiccan beliefs. Not only does Kaufmann find stronger connection to the natural world through their beliefs, but they have also found empowerment in their identity as well as a place where spirituality can be light, fun and joyful.

“Paganism is such a broad umbrella term which works for me because my beliefs tend to shift around,” Kaufmann explained about their religious beliefs. Kaufmann described their own take on this further as they stated, “I ultimately think that it doesn’t matter what religion you are as long as you’re doing your best to be a good person. For me, nature-related spirituality is what I find most fulfilling. I don’t even know how to explain the connection I see between nature and spirituality. Growing up it bothered me how people see the world as something to use and not to respect. I was raised with this deep sense of respect for nature.”

While Kaufmann has not always practiced paganism, they have always held a lot of Pagan values. Kaufmann stated, “I grew up in a Christian household and in a lot of ways this created conflict

with what I actually believed and how I wanted to treat people. I started to look for religious alternatives around sophomore year of high school after I came out. I was looking at more queer-friendly religions and stumbled upon Wicca because I’ve always been attracted to this value of respecting the earth. It all really vibed with me. I’ve only been ‘officially’ practicing within the Pagan community for four years but I think I’ve always held their ideologies and just didn’t have a name for it.”

Paganism encompasses a wide breadth of understandings, but generally people who practice in the Pagan community believe in the cycles of the Earth. Kaufmann explained this as they stated, “All energy drawing from the earth goes back to the earth. Our holidays are on the wheel of the year based on the solar and lunar calendar. In Wicca, a revered cycle is the cycle from youth to motherhood to old-age. This cycle also follows the calendar year. Winter to spring represents the maiden, Summer into Fall represents the mother and Fall is the crone. All these parts of the natural cycle of life are equally important. Because of this equality, oftentimes I think the older adults I’ve met in Pagan circles tend to be very self-assured with who they are.”

One achievement Kaufmann has under their belt is starting the Lawrence University Pagan Society (LUPS), where they have served as president for three years. Kaufmann stated, “Leading the group is definitely interesting because you have to strike up a balance in how you encompass all the different Pagan traditions. This can be a little difficult sometimes because some holidays are associated more with certain traditions than they are with others. You do not want to include one person’s deities in a particular celebration and exclude someone else’s. We try to keep everything pretty non-denominational while also providing space for specific holidays from specific traditions. We try to have one person from each tradition serve as an informal sort of contact for that tradition.”

As president of LUPS, Kaufmann aims to create a welcoming environment for everyone. Kaufmann explained how they achieve this as they stated, “Spirituality is a really heavy topic and sometimes it can be so heavy that it can push people away. We like to keep it open where people don’t feel like they have to come in and answer questions like, ‘What do you believe is the nature of life?’ Sometimes you don’t want to do that! Sometimes you just want to sit down and have a cup of tea with friends. We like to be able to provide a space for both.”

Starting a Pagan Society was not a total breeze, as paganism carries its own misconceptions. Kaufmann spoke to this as they stated, “I think a lot of misconceptions about paganism come from the media. Paganism isn’t related to Satanism—I don’t know why people think that’s the case. This assumption leads to a lot of hostility and it can be hard to convince people that we’re not up to no good. The label ‘witch’ is also an important and loaded term in paganism because it was tagged on to pagans in the middle ages to vilify them, but now pagans have reclaimed the term and use it to identify. The association made through pop culture that pagans are being sneaky around a fire is just wrong. We’re actually around a fire a lot but nothing sneaky is going on.”

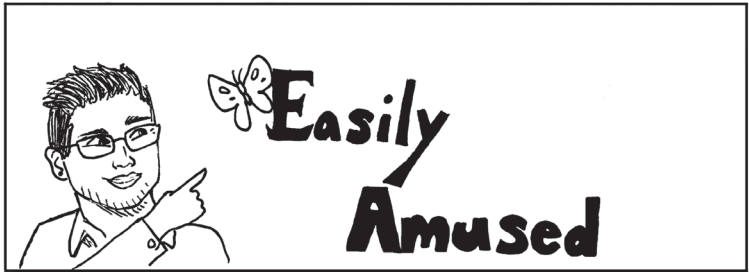
Kaufmann loves the joy they find in their Pagan community. They stated, “A lot of our holidays are so celebratory, even the ones meant to be sadder. We have a holiday called Beltane which is one of my favorites. For Beltane our group goes to a circle sanctuary where there is a maypole and we learn how to do the traditional maypole dances. I like that you can come to a celebration and participate in whatever you want. You can sit by the side and no one’s going to judge. My favorite thing is how much of it is about the individual finding what they need out of it. There isn’t a sense of responsibility to show up to do a certain thing. There isn’t really a lot of central dogma in Pagan communities. I think that’s what attracts a lot

of people to it.”

Whether they are at Beltane or having tea with fellow LUPS members, Kaufmann seeks openness in all their spiritual experiences. They stated, “I feel like I get a sense of peace from my beliefs. I don’t have to strive for a standard someone else has set for me. Growing up, it never really sat well with me that the fate of people’s lives and after lives were all essentially dependent on where they were born and the families they were born into. I don’t see that in the Pagan community—people tend to be open. I like that openness. There is so much encouragement to just embrace who you are.”

For Kaufmann, paganism is about this openness, their connection to nature, and the wonderful people they meet. Kaufmann stated, “The variety of people from all different stages of life who come together at celebrations is so welcoming. People are able to relate to complete strangers in a way that I’ve never felt in a community before. Everyone gets accepted with no strings attached. You go and they invite you to the table, and when you’re a part of the table you’re a part of the family too. It’s such a varied community with so many people in the group from various queer identities who are doing what they want. People aren’t worried or restricted. It’s wonderful to see these adults just being happy in who they are with each other.”

If you’re interested in learning about more Lawrentians and their spiritual journeys, come and read their stories that will be on display outside Stansbury hall throughout the production of Bernstein’s Mass, scheduled to be performed Feb. 14-17. This opera tells the story of religion, doubt and spiritual journeys. Make sure to come and see it.



"Listen to the Strings"

Jay MacKenzie
Columnist

On Saturday, Jan. 26, Lawrence University welcomed the Vermillion Quintet for a recital in Harper Hall. The quintet, composed of senior violinists Joanie Shalit and Katie Li Weers, senior violists Laura Vandenberg and Gabriel Hartmark and senior cellist Joshua Tan, has been playing together for three years. Their program was entitled "Mendelssohn and Phantasies" and featured two such "Phantasy" pieces along with Felix Mendelssohn's

"String Quartet No. 1 in A major."

Although I have seen and heard string quartets play several times, this was my first experience with a string quintet. As you would expect, the sound is similar, although the addition of a second viola rounds out the middle quartiles of the ensemble's sonic range. In this way, a bit of symphonic texture is imparted to the string quartet's iconic chamber music sound. Every voice can still be heard in its distinct harmonic role, but with a fifth player there is just enough overlap to give the

sonorous impression of an orchestral string section.

Aside from noting the contribution of a second violist, I do not have too much else to say about the performance itself. This is not because I did not enjoy it; the Vermillion Quintet played beautifully. The reason is I simply have not had an opportunity to develop an "ear" for string music in the same way I have for other types of music. I have been eager to cover brass concerts in the past because I have spent years learning a brass instrument and I am much more familiar with the particularities of brass music. When I listen to brass music, for instance, I feel like I can 'see' the music with relative clarity. When I listen to string music, I still see it, but I do not have the familiarity and experience. The object is still there, but it is fuzzy and relatively undifferentiated.

This certainly does not diminish my aesthetic appreciation of the music, but it does impair my

ability to critique it. A wine critic is only qualified to pass judgement on a wine after sampling many others over an extended period of time and developing the palette needed to discern subtle differences in taste and quality. Just as all wines taste about the same to me, so too is my palette for string music underdeveloped. Accordingly, as I listened to the Vermillion Quintet's concert, it sounded...good, for lack of a better descriptor.

As the quintet moved through each movement of the Mendelssohn piece, I followed along as best I could. I listened to the melodies and the ways in which they were supported, sculpted or inflected by harmonies. I listened to how each movement contrasts and complements the others. I tried to listen to each individual part and how it related to the music as a whole. I observed how the musicians moved together and subtly interacted to help their playing cohere. I tried to imagine the com-

poser's state of mind as they wrote the music, tried to imagine what motivated or inspired them. I paid attention to memories and impressions the music evoked to try and get a sense of the composer's artistic intent. When faced with this kind of novelty, the best you can do is just listen and see where it takes you.

The same was true for the latter portion of the program. "Phantasy for String Quartet in F minor" by Benjamin Britten and "Phantasy Quintet" by Ralph Vaughan Williams. The word "phantasy" conjures associations of fairy-tales, unreality and possibility. What sort of mythical worlds and stories were these composers imagining through their music? My immature string music palette offered no technical vocabulary to respond to this question, but by virtue of that vacancy I could fill in the blanks with whatever came to mind.



The Vermillion Quartet performs in Harper Hall.
Photo by Taylor Blackson.

Brass performers deliver thoughtful recital

Sam Goldbeck
Staff Writer

On Saturday, Jan. 26, a brass chamber recital took place in Harper Hall wherein several groups played a range of pieces from Rachmaninov to Brahms to Bach. It was a very thoughtful recital, featuring unexpected, improvised pieces.

The evening started with "Music for Brass Quintet" by Bennie Beach, performed by a quintet made up of sophomore Caleb Carter and freshman Jack Benedict

on trumpet, junior Jonathan Ibach on French horn, sophomore Allie Goldman on trombone and sophomore Henry Parks on tuba. It was a very nice way to start the evening, which then moved to "Vocalise" by Sergei Rachmaninov, which I had previously thought of only as a string piece with a vocalist, but this was completely different from what I had expected. From there the quintet performed "The Voices That Are Gone" by Stephen Foster, which is an especially lovely and ruminative piece.

Following the quintet was a

trio consisting of senior Abi Keefe on violin, fifth-year Julian Cohen on French horn, and senior Nick Suminski on piano. They began with the first movement from Brahms's "Horn Trio," a rather ominous piece, forecasting the movements to come. Next, the trio performed "Bouree 1 & 2" from Bach's Third Cello Suite. These pieces are meant for string instruments, or at least that is how I thought they were to be played, so I was incredibly impressed at how good the brass groups were at performing these very challenging pieces.

After the trio, the audience was treated to a surprise performance from Assistant Professor of Music Ann Ellsworth, her friend Sheila Silber and Jonathan Ibach. They performed an improvised piece on Tibetan singing bowls, which are small percussion instruments. Ibach and Silber performed on the bowls while Professor Ellsworth played the French horn. It was a very interesting and unexpected performance.

Finally, the JAM ensemble played a few pieces. JAM features sophomore Mariel Lopez, Ibach

and Cohen on French horn, sophomore Alex Medina on saxophone, sophomore Ali Remondini on bass and vocals and junior Alex Quade on drums. They played arrangements of "The Blood Will Never Lose Its Power" by Andrae Crouch, which added a more spiritual element to proceedings, and ended the night with a performance of "Lucky Me" by Kat Edmonson.

Overall, this was a very nice way to warm up on a cold winter's evening and I look forward to attending more brass recitals in the future.



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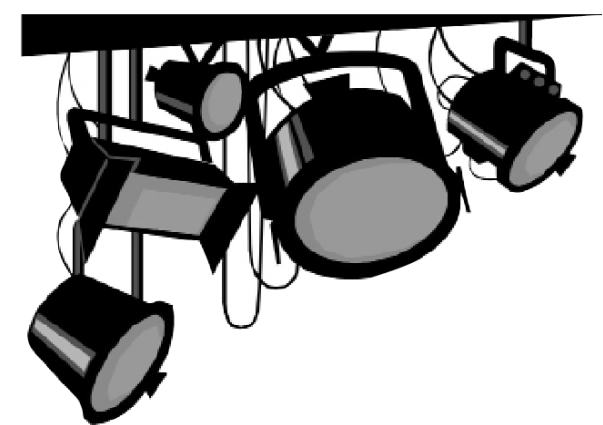


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Milou de Meij
Staff Writer

Senior composition major Wendell Leafstedt is serious and thoughtful, pausing often to think while articulating himself inquisitively with his hands. Curious and open, it is with this same reflective earnestness that Wendell approaches music.

“The desire to make music comes from everything I encounter in daily life,” said Leafstedt. As an example, he gestured to my journal and explained, “Sometimes I flip open a notebook and the way the pages align create a shape that makes me think of a sound I want to realize in a piece.”

Leafstedt’s first forays into musical composition came with the

discovery of GarageBand in sixth grade. Exploring with this program was fundamental to his musical growth, as it allowed him to begin to experiment with assembling the myriad of sounds in his mind and create a collage from all the inspiration he encounters every day.

While he has moved on from GarageBand now, the idea of collage has remained very important to him, as it exemplifies the importance of choice.

“What do you choose if everything is music and everything is art?” mused Leafstedt. “The choices you make are powerful. Everything I do right now is about definition or the undefined and being purposeful when I say what something means.”

Leafstedt grew up in a musical

family and has fond memories of making music with his father, an accomplished pianist, violist and musicology professor. Leafstedt began playing the violin in fourth grade and loved playing in youth orchestra in high school. The conductor of his youth orchestra was a composer and gave Leafstedt his first lessons in classical composition during his senior year of high school. Originally coming to Lawrence for a Bachelor of Arts specializing in violin, Leafstedt entered the composition studio and changed to the Bachelor of Music degree as a sophomore.

In 2017, Leafstedt had the opportunity to study at Eastman’s Theory and Analysis of Contemporary Music summer program in Paris, where he

met composer Chaya Czernowin. Czernowin’s artistic philosophy of music as a “mental digestive tract,” for difficulties in our world left a tremendous impression on Leafstedt. He explained, “She has a brilliant conception of how to blend interesting theoretical elements with a people-motivated compositional ethos.”

This is particularly inspirational to Leafstedt as he himself struggles with marrying his desires for newness and innovation for innovation’s sake with his desire to not lose himself in esotericism and still make socially-driven, humanity-conscious art.

“I really believe in new sound,” Leafstedt stressed, explaining how his compositional philosophy rests heavily on his passion for find-

ing, exploring and enjoying new sounds, timbres and textures. “So I suppose it doesn’t always have to have a message and a purpose, sometimes you can write things just for yourself.”

After graduation, Leafstedt hopes to spend one to three years broadly exploring the world by moving to a new city and finding work as a freelance composer and writer before heading to graduate school.

You have a chance to hear Leafstedt’s upcoming works at the Composition Studio Recital on Feb.24 at 1 p.m. in Harper Hall and at his senior recital on Apr. 27 at 11 a.m.

ARTIST SPOTLIGHT: WENDELL LEAFSTEDT

Faculty shows high caliber talent at recital



McKenzie Fetter
Staff Writer

On Friday, Jan. 25, four Conservatory faculty members collaborated for an excellent recital in Harper Hall. Lecturer of Music and soprano Esther Oh Zabrowski, Associate Professor of Music and oboist Nora Lewis, Assistant Professor of Music and horn player Ann Ellsworth and Assistant Professor of Music and pianist Andrew Crooks performed a variety of classical works. The program oscillated between vocal and instrumental works while featuring the piano on every piece.

The recital opened with Franz Schubert’s “Auf dem Strom” sung by Zabrowski and featuring Ellsworth and Crooks on horn and piano, respectively. A beautiful horn and piano interlude set the stage for Zabrowski, whose lovely voice rang through the hall. The song’s translated lyrics, available to audience members in a packet along with their programs, detail the speaker’s sadness about leaving their homeland. The horn calls in this piece represented the speaker’s remembrances of home, while the stormy, brooding piano accompaniment symbolized the speaker’s sadness at sailing away. Zabrowski, Ellsworth and Crooks performed emotional crescendos in this work, which ended on a somber, low note in the horn.

Lewis introduced the next series of movements from Francis Poulenc’s “Sonata for Oboe and Piano” and “Deux Poèmes de Louis

Aragon” by talking about Poulenc’s background. Poulenc grew up in France and had a wonderful childhood, but he became obsessed with heredity and tormented by grief in his later years. Lewis said that the first movement, “Elégie” of the “Sonata for Oboe and Piano,” served as an elegy for Poulenc’s own life and for the lives of his close friends who had died in previous years. This movement began with Crooks’ gentle piano accompaniment underscoring Lewis’ ambling oboe melody with soaring lines. By the end, however, both instruments had transitioned to a dark, booming low register, where prickly piano chords responded to clear oboe calls into the void.

Interspersed with movements from this sonata were poems “C” and “Fêtes Galantes” from “Deux Poèmes de Louis Aragon.” Zabrowski and Crooks collaborated well for these poems: “C” featured an impressive high note with glissando by Zabrowski while “Fêtes Galantes” showcased her virtuosity with swift, sung speech and an ocean of crackling consonants as she recited the poem’s harried lines of waywardness. Meanwhile, the second and third movements of the “Sonata for Oboe and Piano” presented unsettling thuds for oboe and piano in the scherzo and a murky, ethereal piano interlude paired with a high oboe line in the final movement, respectively.

Two movements of Johann Joachim Quantz’s “Concerto for Horn and Oboe in E-flat” followed, which displayed Ellsworth

and Lewis’ skills as soloists. Both Ellsworth and Lewis maintained steadiness throughout their ensemble even as the difficulty of their parts increased while Crooks supplied a sensitive piano accompaniment.

For the final section of the program, Zabrowski sang “6 Leider, Op. 13” by Clara Schumann, and Lewis performed the first romance of Clara Schumann’s “3 Romanzen, Op. 22,” both accompanied by Crooks. Crooks introduced these pieces by informing the audience that all of Clara’s songs were written as presents to Robert Schumann. Also, he announced that this year marks the 200th anniversary of Clara’s birth, and the recital happened to be on Lewis’ own birthday. He said their performance of Clara’s works would pass along the gifts of her music. Zabrowski sang each of the “6 Leider” with feeling and beautiful phrasing, while Lewis performed the yearning melody of the romance with well-coordinated trade-offs with Crooks on piano. At the end of the recital, the four faculty members returned to the stage to perform a Poulenc arrangement as an encore in a sublime blend of all the professors’ talents.

Overall, this faculty recital demonstrated yet again the high caliber of musicality present in Conservatory faculty members. Students are privileged to have the opportunity to experience the talents and learn from the expertise of these fine musicians.

Literary Review

“Educated: A Memoir”

Nicole Witmer
Section Editor

I am normally not a big fan of memoirs, but Tara Westover’s story, “Educated,” reads so well it is hard to believe everything she is writing is true.

Westover begins her story depicting her childhood in the mountains of Idaho. She familiarizes readers with the landscape: hills and mountains she and her brothers explore, the junkyard where her father works and her small home where her mother acts as the town’s herbalist. While this all sounds relatively normal and even idyllic, the moment Westover begins describing her family dynamic, it is clear something is off.

Westover’s father is a devout Mormon. This, combined with his deep mistrust of the government and survivalist tendencies, is the reason why Tara does not get a formal education. She describes her mother teaching her to read and write, but that is the extent of her schooling. None of this seemed too far-fetched for me; being a survivalist is a way of life.

As Westover gets older, she decides she wants an education. She faces multiple obstacles, from trying to get a birth certificate to taking the ACT, until she gets accepted to Brigham Young University. This is where the book really picks up. As readers, we go

with Westover to her classes and feel embarrassed when she asks professors what the Holocaust and the Civil Rights Movement were. Everyone in the class thinks she is making some sick joke when, in reality, she was never taught about these events.

The entire memoir is written superbly. Westover takes a relatively linear approach to the events in her life, flashing back only to significant moments that affect her reasoning in the present. While watching her succeed in school was so satisfying, it was her behavior whenever she returned home that interested me most. She reverted back to her old self even though she knew better. One of the most infuriating parts in the memoir is her relationship with one of her brothers whom she gives the pseudonym “Shawn.” It shows that no matter how much she has changed, Westover’s home life will always be toxic to her.

I highly recommend reading this book. It paints a vivid portrayal of an unusual community in Idaho as well as the doubts and dangers that come with self-discovery. It is refreshing, rewarding, heartbreaking and one of the best books of 2018.

HELP THE ENVIRONMENT. RECYCLE THIS NEWSPAPER!

STAFF EDITORIAL

The Polar Vortex

What is the polar vortex? It sounds terrifying, but in fact, the polar vortex is a stable and important part of Earth’s climate. Polar vortexes are areas of low pressure and extremely cold air that always exist around the Earth’s poles—the one that is affecting Midwesterners this winter is usually found surrounding the north pole, but conditions including global warming have caused it to move outside its normal region.

The north polar vortex has recently been known to become distorted or even split in pieces, which was the case with the 2014 polar vortex that many Midwesterners can remember. This year’s polar vortex also broke apart into several pieces, one of which was able to travel down to the midwest and cause the extremely cold temperatures. It takes two weeks for a polar vortex to impact weather, and it can continue its impact on the weather for up to 8 weeks.

The intrusion of warm air into the polar vortex causes it to react differently than usual, which can lead to the distortion and splitting that causes unusual weather patterns. Overall, there’s a lot more research to be done, but there have been proven correlations between an increasingly warm global climate and disruptions in the polar vortex. Although it may seem counterintuitive for global warming to cause cold weather, many scientists believe the disruption of the polar vortex is directly connected to an increased global climate.

The polar vortex has caused its fair share of issues for Lawrentians and the Appleton community. During the fifth week of winter term, Lawrence cancelled classes on Monday, Jan. 28, Wednesday, Jan. 30 and classes until noon on Thursday, Jan. 31 due to extreme snow conditions and freezing temperatures. Class cancellations are rare occurrences, since terms are so short and faculty plan their coursework very precisely. Missing these classes have caused catastrophe for some, with deadlines, exams and planned events being moved into very irregular schedules. In the midst of midterm season, losing valuable class time and office hours with professors have proved to be a disaster for some.

The true champions of these chilly days are the faculty and staff at Lawrence. Food services, campus safety and security, maintenance staff and several other Lawrence staff members braced the risky cold, and continued to provide food and safety to the student body. While we should celebrate these people every day for making Lawrence the best it can be, these members of our Lawrence family deserve your kindness and appreciation for making incredible sacrifices for us. Faculty members are also to thank, since they have been working hard to alleviate student troubles, adjust deadlines and assignment timelines and even still show up for their scheduled office hours to help students.

The most important thing to keep in mind during these winter weather disasters is to stay inside as much as possible. Make the most out of your time indoors by spending time with friends, catching up on work or getting some extra rest. If you do go outside, it is necessary to dress in layers and cover as much skin as possible to avoid frostbite and hypothermia. If you see someone down College Ave sitting in the cold, try pointing them in the direction of shelters or giving them some money to buy hats, gloves and food. Thank those around you for how they help you through each day, and stay warm!

Letters to the Editor can be sent in to Opinions & Editorials Editor, Cassie Gitkin, at lawrentian@lawrence.edu. We review all letters and consider them for publication. The Lawrentian staff reserves the right to edit for clarity, decency, style and space. All letters should be submitted on the Monday before publication, and should not be more than 350 words.

What do you know about furry friends?

Mara Kissinger
Staff Writer

When my roommate told me that she wanted a hamster, I was excited. Who doesn’t like the idea of a small furry friend? We got the okay from our two other roommates and I did what I usually do with everything new in my life: I sat down and researched the hell out of what hamsters need. What I found was far more than I ever thought I would find.

The first thing that I learned that shocked me was that pet store cages are at least two times smaller than what most long-time hamster owners agree is humane. The absolute minimum is 450 square inches, while many pet stores will sell you cages as small as 50 square inches. I was appalled at the thought that my childhood hamster was in a pet-store-bought cage probably far too small for her, causing stress, disease and early death. I told my roommate and we found an easy bin cage tutorial using a clear plastic bin that we drilled holes in, something that was much bigger and much cheaper than we expected.

While this story had a happy

ending, the same cannot be said for every household pet. My roommate recalled how her freshman year roommate had bought a hamster and my roommate had bought the cage, trusting that her roommate, who had previously owned hamsters, knew what she was doing. The hamster had no room or enough bedding to naturally burrow and lived in a two-level cage which is bad for hamsters that have no depth perception and easily fall from heights. The thing is that that hamster lived for two years, by all accounts a normal life span, but it had all the signs of a stressed and sad hamster from what my roommate described.

This is indicative of a general trend that reaches far beyond my roommate and her former roommate. It is something that extends to the way we treat common pets we think we know the needs of. We grew up with hamsters or dogs or cats or fish. We kept them in pet-store-suggested tanks and cages or used pet-store-suggested regimens and those pets survived. Although rarely do we ever seem to ask if they thrived.

Stray dogs and cats can often travel 20-30 miles a day, which

is not to say that our household pets need to walk for an entire day, just to say that their capabilities often surpass what we give them. Many owners are content with two short walks a day for a dog or ten minutes of play with a cat when this might actually not be enough for the animal themselves. Boredom manifests itself often in the ways that we joke about online as just “part of owning pets:” being destructive or noisy or anxious.

Fish are actually not as low-maintenance as we believe, requiring daily water checks, weekly changes and much more water than we give some of them. Bettas fish especially should not be kept in aesthetically pleasing one-gallon tanks but rather five- or even ten-gallon ones where they can actually move. Fish bowls don’t provide enough surface area for proper oxygen flow and should never contain a live fish, much less the goldfish of their namesakes who, in tiny bowls, will stay stunted in size, but they will also die years too early. Rodents, too, require much more space than any pet store cage will ever provide.

These pets are the ones we give to children, the ones we think

Platonic guy friends

Michele Haeberlin
Staff Writer

Guys. Dudes. Bros. Chaps. The other sex. Men. Boys.

So, men. It is pretty inevitable that you will interact with one at some point in your life, even as a fierce Amazonian warrior-woman, because they are kind of needed to continue the human race.

And that is not a bad thing, really. Guys are pretty cool and they are not that different from us other than their tendency to sometimes be less observant, more physical in their response to things and less outwardly emotional.

(But most of that difference comes from a societal pressure of gender norms, so underneath all that crap, they are probably a lot more like us than we think.)

I remember in my final grade of elementary school starting to notice how everyone in class did not just play together in one seemingly chaotic mass anymore, but instead people were breaking into much smaller groups, often separated by gender. Fast-forward to middle school (ugh what a time). I was not the girl in middle school who had a lot of guy friends hanging around, and, in fact, after looking at my year book, I can say confidently I had no male friends up until high school. I was able to interact with boys just fine, and I had acquaintance level friends who I interacted with solely within school on such riveting subjects like, “Hey, can I borrow your pen?” Or, “Do you have any gum?” Or my personal favorite, “What are we supposed to be doing right now in class/can I borrow your notes?”

And then in high school, the sudden realization that those annoying, loud boys who always teased you and pulled your curly hair in class might actually like you. And whoa, did that change the direction of my view towards boys. I slowly went from thinking they were probably just like me except louder and more prone to run around and that I could probably be friends with a few to basically being suspicious of the actions of every guy I knew.

If I dropped a pencil in class (and not a cute fuzzy pink one like in “Clueless.” I’m talking like a stubby, chewed-on one) and the boy in front of me picked it up, then

my hormonal high school brain went from barely acknowledging his existence besides the fact of lamenting why such a tall person had to sit in front of me to thinking: “Why did he pick it up? Does he like me? Did he notice that I chew on my pencils omg.”

And from that point on, my general tendency towards the male sex was to pretty much avoid interaction because I did not understand them and they intimidated me with their power to take my friends and turn them into walking-down-the-hallway-with-bae people with a single smile.

Flashing forward to now, I have a few notches on my relationship belt and a good amount of guy friends as well. And I cannot say what exactly changed in between the fearing and not comprehending the male sex and now, but obviously I no longer feel intimidated by them. (Although there are still plenty of times where I realize how little I know about how guys’ brains work.)

I truly do believe the platonic guy friend exists, and I also believe that they do not have to be gay in order to fit into that category. I have all sorts of guy friends, and some of them are straight, but that does not affect our friendship in any way to make it awkward or incite miscommunication.

It is truly unfortunate that gender roles indoctrinate people who identify as male into believing they should hide their emotions, be more aggressive and prove their masculinity through the sexual domination of women. This has harmed many potential friendships people of various genders could have had due to misunderstanding and miscommunication from body signals.

I want to be able to ask my guy friend to lunch and not have any doubt about how he might misread that or how many view it from an outside perspective. Because to me, there is no difference between asking a good guy friend of mine or a girl friend out to lunch, and therefore I never worry about how my intentions will come across. All I know is that I am hungry and I want to binge free food off of one of my friends with a lot of cul-cash, regardless of their gender or sexuality. The starving stomach never discriminates.

we are experts in without doing any research. We trust that the experts will tell us what is necessary, but so often they just tell us what they think we want to hear. Chiefly that these pets are easy and cheap to care for. They want to make a sale and have great margins, but their best profits come from lying to people about what actual living creatures need.

In the end, these creatures will survive and might even live out their expected existence, but do we ever stop to ask whether or not they are happy? Because at the end of the day, the one thing that all of

these pets have in common is that they do not have a choice where they end up. They have no say in how they are cared for or how much exercise they get or what kind of food they eat. Their entire lives are dictated by us. Ultimately, the problem lies with the companies that sell us these things, but until they are reformed, I think all of us really want to give our pets a life that they might actually choose themselves. Not just a life that is alluringly convenient to us.



The opinions expressed in *The Lawrentian* are those of the students, faculty and community members who wrote them. All facts are as provided by the authors. *The Lawrentian* does not endorse any opinions piece except for the staff editorial, which represents a majority of the editorial board. *The Lawrentian* welcomes everyone to submit their own opinions using the parameters outlined in the masthead.

Gather ‘round, children, it is time to eat Kirby

Dan Meyer
Staff Writer

Hey kiddo! Having a good winter? Find any more birds in the snow like you did last spring? Take a seat, buddy. I have been talking to all the other pops in the neighborhood and we have decided that you need to know the truth about living and its opposite: sleeping in the dusty corner of the living room until we tell you to play in your room for a while. Ol’ Rusty was a good dog, and he asked me to tell you that he plans to come back soon!

Just yankin’ your chain, pal. Our dog is dead and rotting in the backyard. Those snow-birds were not taking a break from building snow tunnels like we told you when you found them. You and all the other kids on the block—and across this big country of ours—need to have a frank conversation with Mr. or Mrs. Death! Or any title, really. We don’t need to gender death. For now, we can go with Fan-Bearer on the Right Side of the King Death. If the title worked for the ancient Egyptians, it can work for us too.

Once you really understand the concept of both your own mortality and the mortality of everyone you love, you can blossom into the grim, soulless adult you were always destined to be.

Maybe this is going over your head. Perhaps Fan-Bearer on the Right Side of the King Death is a bit too abstract for someone your age. Let me break it down for you. You might not be able to see it now, but your pop was quite the hip heart-throb back in his day. I still get it! I can keep up with trends! How about that “Fortnite” show, huh? Jimmy Kimmel did a bit on that the other day and it really inspired me to antagonize you, my living kin who looks to me for guidance on a daily basis. Pranked ya!

I know you have been begging for a Nintendo Swatch and that Very Good Smashing Brothers game. Day and night, I never seem to catch a break from your seminars on why that Kirby character is the best one. The little pink round

one, right? Well, this is actually a great opportunity to usher you into the world of adult knowledge.

Buddy, you and I are going to eat Kirby. Together.

Stop crying! Everything is going to be okay. Eating Kirby is just a natural rite of passage among kids and their parents. I remember my own childhood, when my dad made me eat one of my favorite video game characters. It was a tough experience, but now I still love the fleshy taste of the left paddle from Pong.

I know you want to let Kirby live, maybe even keep it as a pet. But remember this: God put all video game characters on Earth for a reason. If folks like us refused to trek out into the cold wilderness of GameStop every Saturday morning and chow down on a few video game characters, their population would run out of control and endanger all of us. As your father, I assure you that Kirby feels almost no pain. When we eat him, he will probably feel like he is just falling asleep!

No, wait! Please stop crying. That one is on me. When you feel like you are about to fall asleep, that just means you are actually about to fall asleep. Well, not for everyone—no, you are going to be fine. I promise that you are going to wake up in the morning. Yeesh, this is harder than I thought it would be.

I know what will make this easier for you. Come on into the den and take a look at all my Kirby-eating equipment! Pretty cool, right? This piece is actually a replica of what they used to eat video game characters all the way back during World War II, and this one is made so I can eat up to 45 Kirbys in 15 seconds. Pal, some folks might want to take these tools away, but I see no problem in telling you, a child who has not even begun to adopt the sheen of shame found in early adolescence, that this piece of equipment is one of the defining elements of your personal identity.

In case you still have a case of the willies, I will go through the entire process of eating Kirby to show you how normal and fun it

is. First, the two of us will wake up at an hour when the sun is still trying to tell us to go back to bed. Waking up in the dark makes us stronger than all those people who have jobs in the city and think they should get paid 40 dollars an hour for two hours of work per diem. Can you believe that? First rule of this house: never have sympathy for anyone you are not related to. Never forget that, buddy.

After we wake up, we put on our special outfits to make sure that we never accidentally eat each other instead of Kirby. Back in my granddad’s day, folks would accidentally eat each other all the time. It was the Depression, so the accidental nature of it was questionable, but still. Next, we head to GameStop, which we will reach after driving for two hours in silence.

We will climb a little tower inside of GameStop, and then the two of us will wait. For hours, if we have to. Nobody gives up on their first Kirby-eating trip. We will find you a Kirby to eat, even if it is a little one that we should probably leave uneaten. Boom! Then you get to take the reins and, uh, suplex that Kirby! (I might help with that step. There are a few things I am leaving unsaid.)

Kiddo, it really is that easy. I might be leaving out a few steps, like when we cut the skin from the life-like Kirby and gut it so all of its innards fall into a big bucket on the floor, making a sound that will live on in your head until the day you, uh, get suplexed by God. But that is not the important lesson here. You and all the other kids in the neighborhood have been living in a deathless world for too long, and it is about time your dad taught you about Fan-Bearer on the Right Side of the King Death in the most reasonable, sensible way: by making you exact it on a cute, living thing. Come on, kiddo, we have to get to bed early tonight! Tomorrow is the day you transform from a kid, wide-eyed with wonder at the world, to a kid, wide-eyed with horror at the sudden realization of humanity’s lethal capability.

I am fashion

Simone Levy
Staff Writer

Some of the greatest potential in human style is hidden beneath droves of mainstream fashion fundamentals, like velvet, satin or chiffon. Even more common and trusted fibers like cotton and muslin are doing the human form a disservice: where is the uniqueness? Is there something so magical about khaki that I just do not have the capacity to understand? Shantung is overused and taffeta is overdone. Even tulle is starting to lose its appeal. It is past time we as human beings begin to look beneath the calico curtain, if you will, and turn to unconventional fabrics for heightened fashion.

First on my list of fabrics that mainstream fashion refuses to acknowledge is terry cloth. For those unfamiliar, ask yourself this question: “Have I ever showered?” If the answer to this question is “Yes” then you have encountered terry cloth in your life. Terry cloth is the type of fabric that towels and bathrobes are made from, but they also appear in other contexts like sweat bands and reusable diapers. Outside of these areas, unfortunately, terry cloth is rarely seen.

At its core, terry cloth is a woven fabric—usually cotton, but sometimes it contains polyester—with long loops of thread that can absorb water very effectively. Basically, terry cloth is a brilliant fabric with the capacity to hold an unbelievable quantity of water. However, despite its aesthetic appeal and its convenience, terry cloth fails to permeate the fashion world, leaving a beautiful piece of cloth incapable of reaching a higher purpose. Terry cloth is such an underrated fabric in the clothing industry because not only is it thick and sexy, but it is also warm and absorbent! Also, it is easily dyed, meaning it can appear in a spectrum of sexy and fun colors!

Another under-utilized fabric is the very unique and sexy cheese cloth. Not only is this light, delicate, gauzy fabric perfect for wrapping cheese, but it also has the capability to beautifully envelop the human form in a luxurious film of dairy glory. Cheese cloth arrived at a level of notoriety for its uncanny

ability to encase the godly flavor in the cheese. However, it remains almost entirely unheard of in the fashion world and for seemingly no reason. While this thin fabric might not be much in the way of shelter from the elements, cheese cloth not only provides an ethereal glow but, in addition, can serve a double purpose in that it can act as a cheese cloth when necessary! The fashion industry is saturated with boring fabrics that do little more than cover the body. Cheese cloth adds elegance and grace to an outfit and is perfect not only for veils but for pants as well! This breathable fabric is incredibly versatile and carries so much potential for future fashions.

At last, I am brought to the finale of this trio of underrated fabrics: felt. Though often used in craft settings, felt has the potential to be the star of the runway because of its incredible versatility and uniqueness. Felt, as you all know, has the incredible ability to hold a rigid shape when it is draped over something. With this ability brings a wealth of fashion possibilities, adding a soft yet positively architectural element rarely seen in fashion. Felt has some amazing properties to it as well. Along with being able to hold its shape, felt is also moisture wicking if it is made from the usual wool fibers. As a cloth that is available in an array of shades at a shockingly low cost, felt is the spur—nay—the catalyst that the fashion industry needs to pick itself up off the ground of boring cottons and muslins. It’s time we look past the usual satin and velvet that we are so familiar with. Felt really captures the creativity, uniqueness, and nuance that the fashion industry lacks. Without the implementation of these three fabrics into mainstream fashion, the potential capable for creating beautiful pieces is severely stunted. I implore everyone reading this to open your eyes and open your hearts to unconventional and under-utilized fabrics in mainstream fashion.

Fixing K-12 health education

Olivia Omura
Staff Writer

So, I think we can all admit that, as children, we learned more about puberty from Urban Dictionary than we ever did from the gym coach—ahem, I mean the health teacher. Not to mention nutrition; I vaguely remember some mention of the now-obsolete food pyramid coupled with questionable recommendations to drink skim milk and eat a lot of pasta. K-12 health education is fraught with misinformation, and it leaves out integral aspects of wellbeing which are necessary for children to form healthy relationships with food and their bodies.

In my first-ever health class (fifth grade), boys and girls were sent to separate rooms. While girls talked shop about menstruation, boys were instructed on how to

apply deodorant. I have several issues with this form of teaching: firstly, why do we need to separate kids based on gender? This assumes that all girls have the same anatomy and health concerns that are wholly separate from the boys’, and vice versa. It completely ignores transgender kids and reinforces the notion that there is no need to learn about bodies that are different from our own. There’s a reason my twelve-year-old brother refuses to say the word ‘vagina’ and shrinks from discussions of PMS. We need to implement an all-gender elementary health class that reduces stigma of normal phases of development and is inclusive of all bodies.

Our discussion of weight in relation to health also desperately needs to change for the better. In tenth grade, I recall calculating my predicted surface area, body type

based on fat distribution, and of course, Body Mass Index (BMI), or, informally, the Bulls*** Measuring Index. I can now say with confidence, none of those things reflected my health. Not even a little bit. They could not measure my activity level, my social relationships or my mental health. What they did do was make me feel terrible about myself, isolated me from my thinner friends and made me even more determined to lose weight by whatever means necessary.

By teaching children how to calculate BMI, we are equating health to body weight. Your health cannot be measured in how much you weigh. Wellbeing is more complex and multifactorial than a number on a scale. And teaching children that their bodies are something to be ashamed of and controlled, creates the perfect storm for chronic dieting, body dis-

satisfaction and eating disorders.

Nutrition is a complicated subject, and I don’t expect any health teacher to get it right 100 percent of the time. But as I attempt to navigate adulthood, I realize more and more that I was given diet advice in the guise of real nutritional science.

As a child, I was taught to minimize this, reduce that and eat those only in moderation. Notice a pattern here? That advice is based on the concept of dietary restriction, eating less or cutting out certain foods completely. Restriction is unsustainable in the long-term because it triggers a starvation response in your body. This heightens cravings, affects mood and attempts to push you into finally eating (and likely bingeing on) the foods you’ve been depriving yourself of during the restrictive period.

This is not a normal or healthy

way to eat, and it fuels a vicious cycle that can become disordered for many people. Instead of learning how to diet, I would have liked to learn about the different types of fuel my body uses for energy and which foods could help provide that energy so I could feel and perform my best. It would have also been helpful to hear that food has value beyond what it does for my body: it can be part of one’s culture, the centerpiece of a celebration or an expression of love.

K-12 health class could benefit from greater inclusivity and a serious upgrade in evidence-based curriculum. We should leave kids feeling confident and prepared, not ashamed and stigmatized. Sex education is a whole other can of worms—stay tuned.



Photo Poll

Caroline Garrow
Marketing Manager

What would you do with the money Trump wants to use for the border wall?



"You're asking someone who's straight from a Third World country, so I would just use the money to help other people in need—creating jobs, more humanitarian stuff. That's a lot of money."
—Patrick Adu



"One, fully fund healthcare. Two, fix the Flint water crisis."
—Stephanie Meyer



"I don't know, something about buying books for students who can't afford them or buying school supplies for underprivileged children."
—Owen Mitchell



"Honestly, I'd probably put it into infrastructure and subway systems and things like that and just make them a little bit better and more efficient and functional."
—Leela Mitra



"I feel like it could be definitely used to get some people off the streets, give them some nice food rather than build a wall to keep people out. Just seems like a waste of money to me."
—Mason Materna



"I would use it to pay for college and I would invest it and make more money for my generation."
—Pagnaa Suad

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Editorial policy is determined by the editors. Any opinions that appear unsigned are those of the majority of *The Lawrentian's* Editorial Board.

Letters to the editor are encouraged. The editors reserve the right to edit for style and space. Letters must be emailed to: lawrentian@lawrence.edu. Submissions by email should be text attachments.

—All submissions to editorial pages must be turned in to *The Lawrentian* no later than 5 p.m. on the Monday before publication.

—All submissions to the editorial pages must be accompanied by a phone number at which the author can be contacted. Articles submitted without a contact number will not be published.

—*The Lawrentian* reserves the right to print any submissions received after the above deadline

—Letters to the editor will be edited for clarity, decency and grammar.

—Letters to the editor should not be more than 350 words.

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